

Business Woman Feared She Had Heart Trouble

"Since Tanlac has overcome a bad case of indigestion and nervousness of three or four years' standing for me, my work here in the store is a pleasure, and I am certainly grateful for the good health it has given me," said Mrs. J. W. Pickins, of 518 E. 15th St., Los Angeles, who owns and operates the book store at 219 Mercantile Place.

"I was so run down that I felt miserable all the time. My sleep was broken and restless, I had no appetite, and the gas from undigested food caused my heart to palpitate so I thought I had heart trouble. For a time I had a swelling in my legs, too, and it was an effort for me to get about."

"It is wonderful how Tanlac has given me such perfect relief from these troubles. I eat heartily now, sleep like a child at night, and just feel fine all the time."

Tanlac is sold by all good druggists.—Advertisement.

Strike Halts Executioner.

According to a report printed in *Los Rossi*, an anti-Bolshevik Russian paper of Berlin, the workers of Archangel went on strike when the death sentences of three priests and five laymen for having resisted the confiscation of church property was announced by the soviet revolutionary court. After the strike had continued two days a telegram was received from the All-Russian central committee in Moscow commencing the sentences to three years' imprisonment, and work was resumed.

Important to All Women Readers of This Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and maybe dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by parcel post. You can purchase medium and large size bottles at all drug stores.—Advertisement.

Not in That Lexicon.

She wrote him a note which read: "Dear John: Meet me at the trysting place at 6:30 this evening, without fail."

And John answered: "In that lexicon of youth which fate has reserved for a bright manhood there is no such word as 'fail.'"

Mothers Ruin Babies' Health by Harsh Drugs

There are thousands of children and grown-ups whose health has been wrecked simply because they were given strong laxative cathartics when a baby.

Baby often needs something to clean out the little bowels of clogged waste, but for goodness sake give him a medicine made especially for a baby. Give him Teething. It's perfectly harmless and yet brings quick relief without hurting the tender little intestines like the strong drugs you use for yourself do when given to the little folks.

Teething is endorsed by physicians and has been used for fifty years. Get it at your druggist, or send 30c to the Moffett Laboratories, Columbus, Ga., for a package and the valuable Baby book.—Advertisement.

A Hasty Departure.

"I understand the boys ran that bootlegger out of Crimson Gulch." "Yes," replied Cactus Joe. "But there is some doubt about whether they dismissed him indignantly or forever, or just sent him over to Mesaville for a fresh supply."

Cuticura Soap for the Complexion. Nothing better than Cuticura Soap daily and Ointment now and then as needed to make the complexion clear, scalp clean and hands soft and white. Add to this the fascinating, fragrant Cuticura Talcum, and you have the Cuticura Toilet Trio.—Advertisement.

Italian Telephones.

The largest five cities in Italy—Rome, Naples, Milan, Turin and Palermo—with an aggregate population of over 3,000,000, have all together fewer telephones than Omaha, Neb., with a population of only a little over 200,000.

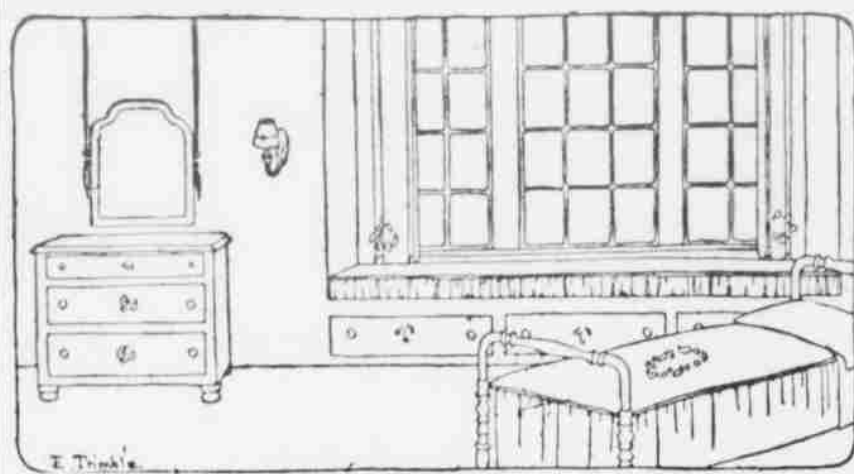
Fresh, sweet, white, dainty clothes for baby, if you use Red Cross Baby Blue. Never streaks or injures them. All good grocers sell it.—Advertisement.

The Master Mind.

First Crook—I've been wonderin' Bill—how does a man get his own money out of a bank?

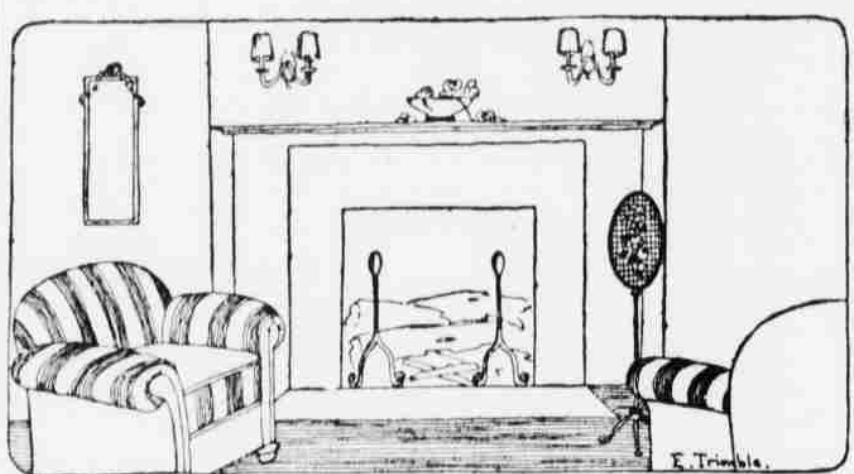
Second Crook—Easy. He jes' forges his own name to de check.—From Life.

COLOR SCHEME FOR THE CHILD'S BEDROOM



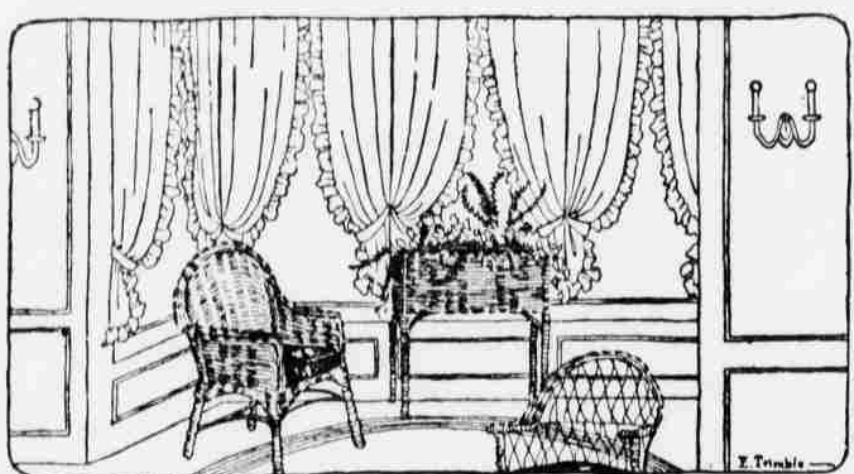
A color scheme of slate gray and cherry red is very attractive as well as practical for a child's bedroom. The tiny chest of drawers is painted gray with red painted cherries decorating each drawer and the gray painted mirror is hung by red cords. Gray sateen piped with cherry red and apple green with red cherries makes the window seat cushion, the window draperies and the cover for the red painted single bed. The drawers under the window seat are for toys.

BLACK SEEMS TO BE THE PREVAILING COLOR



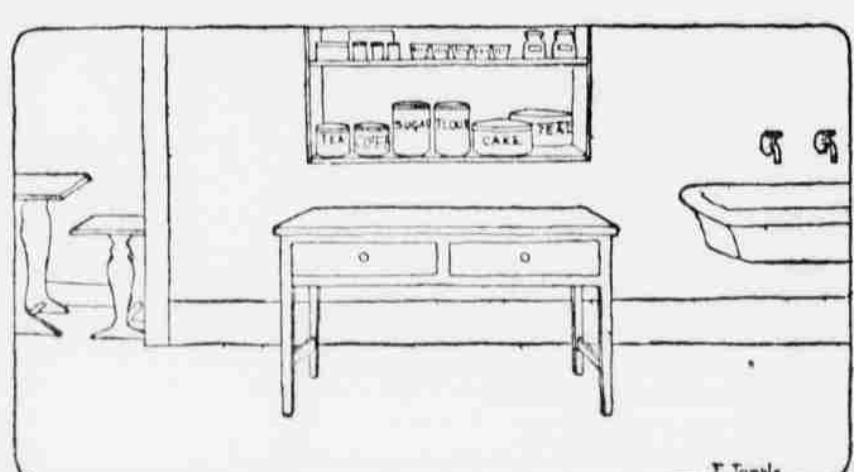
Sand color and black striped velours combined with plain black velours is used for the chair coverings in this very unusual room. The rug is solid black and the only color notes are supplied by a brilliant blue flower bowl, a hand-painted fire screen and the orange-shaded lights.

THIS WILL SOLVE THE BAY-WINDOW PROBLEM



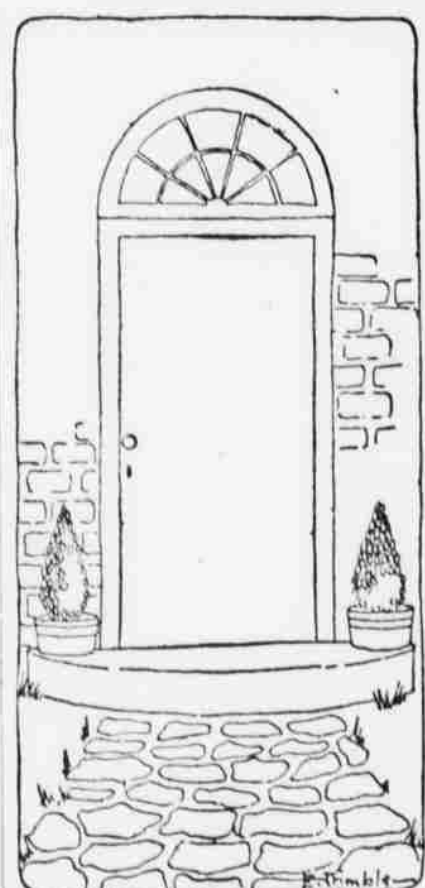
A bay window—how many of you are perplexed by this problem in refurbishing an old home? Why not make a tiny sun parlor? A few pieces of wicker, some cretonne cushions and white ruffled curtains and perhaps a small table or sewing cabinet will make a comfortable little room that anyone would enjoy.

PANTRY CAN BE USED AS BREAKFAST ALCOVE



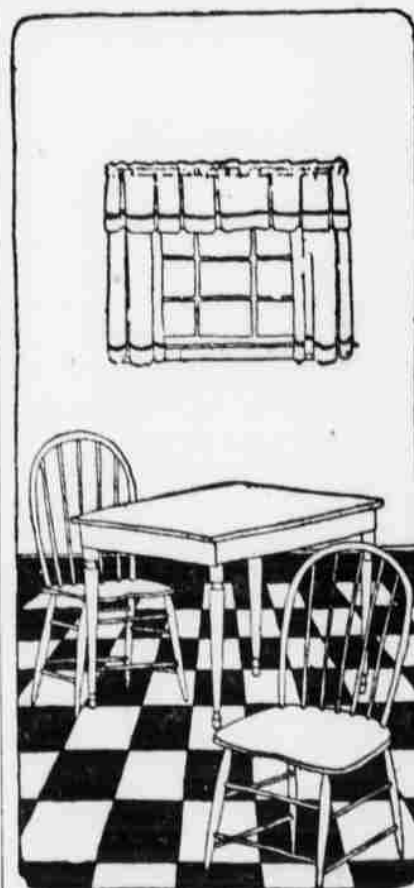
A large pantry converted into a breakfast alcove is a labor-saver in more ways than one. Not only does one save the steps required to serve meals in the dining room, but one's cooking utensils and materials are close at hand on shelves built above the kitchen table. Tin cans of various sizes, painted white and labeled, hold various staples.

QUAINT DOORWAYS ARE FASHIONABLE



Quaint looking old doorways of this type are becoming more fashionable all the time for both brick and frame houses. The two little trees set in green-painted tubs and the flag-stone walk give the proper touch for a colonial house. The fan-shaped transom of leaded glass furnishes a pleasing overhead illumination for the reception hall or corridor.

ADDS COLOR NOTE TO THE KITCHEN



The tile-patterned linoleum used in this kitchen and its breakfast corner gives the color note to the room. It may be blue and white, or black and white, or any other combination of color with white. The white muslin curtains have a narrow band of color to match that in the linoleum. The white enamel furniture is really quite practical, as it can be washed so easily.

The Squirrels' Christmas

by Martha B. Thomas



"MY DEAR," said Mrs. Squirrel to her husband on Christmas morning, "do you realize that we have absolutely nothing in the cupboard?"

Mr. Squirrel stroked his whiskers and gave a thoughtful frown to his tail.

"You remember that yesterday morning we gave those shiftless Chatter-Reds the very last nut we had," went on Mrs. Squirrel, putting her paws in her apron pockets (a very bad sign, I assure you; it meant that something was going to be done, and done quickly).

Mr. Squirrel went on stroking his whiskers. This seemed the only reply he could muster. He knew the facts of the case as well as his wife. Hadn't he invited the Chatter-Reds in? Hadn't he felt sorry for them because they looked so cold and hungry? Didn't he know that all fall, when the nuts were thickest, the Chatter-Reds had frolicked instead of getting in their winter supply? Didn't he caution them a hundred times, and hadn't they been rather saucy about it? They had! and yet, the day before Christmas they looked so forlorn he couldn't bear it. How they had lived as long as they had was something he did not like to think about. So in they trooped, five of them! They said very little and their noses quivered expectantly. The youngest of them, Charlie Chatter-Red, began to whimper. They could not stop him. And at last he said it right out loud. He said, and the tears rolled down his little cheeks like marbles spilled out of a boy's pocket, "I'm so hungry! I haven't had a thing to eat for two days!" And then he buried his head in his mother's lap and howled. It was all very sad. Mr. Squirrel had a consultation with his wife. They went in a corner to talk it over. When you yourself have just one nut left the day before Christmas, it takes a long time to decide to give it away. And one of the reasons that they had just one nut left was the fact that for some weeks past they had been helping these same shiftless Chatter-Reds! But Mrs. Squirrel was kind in spite of her sharp tongue, and she said that she supposed it was their Christmas duty to help out onto seventy times seven! So the last nut, a fine, fat one it was too, was brought forth. Mr. Chatter-Red almost bowed himself in two with gratitude and all the little Chatter-Reds danced about like Indians. They whirled up so much dust in Mrs. Squirrel's living room that every one began to sneeze. At last they went home. And Mr. and Mrs. Squirrel stood and looked at one another. But they said nothing at all.

And here it was Christmas and nothing in the cupboard!

"At least we can be thankful that we have no children," said Mr. Squirrel. "They won't have to go hungry on Christmas day."

Mrs. Squirrel had nothing but a snort in answer to this. Mr. Squirrel crossed the room and stood looking out of the window. The landscape was not very cheerful—gray sky, bare trees and

so spry. While she was tying her bonnet under her chin she told her plan to Mr. Squirrel.

"Sandy," (that was Mr. Squirrel's name) "the children living in the big house across the road always have a stocking full of good things on Christmas morning. I have seen them come out and scatter crumbs to the birds and the bits of suet on the twigs of trees. Perhaps if we went walking by they would throw us some nuts. We don't care to beg, but it is only fair that they who have so much and are so kind-hearted should spare us a little on Christmas morning."

Mr. Squirrel thought this an excellent plan, and gave his shoes such an extra polishing that they nearly put his eyes out.

It all happened just as they had hoped. When they approached the big house across the road, there were the children outdoors scattering crumbs and grain. One boy was climbing a tree with a bit of suet tied to a string in his hand. There was a good deal of shouting and laughing going on, and to tell the truth the squirrels were a little timid. But when one is hungry, it does not pay to be afraid.

As soon as the children caught sight of them they shouted louder than ever. "Oh, oh!" they cried, "see Mr. and Mrs. Squirrel! How nice they look! Let's give them some nuts!"

And if you will believe me, those generous boys and girls that lived in the house across the road poured out such bags of nuts and goodies that

Mr. and Mrs. Squirrel were busy the rest of the morning taking them home. And they asked the Chatter-Reds to join them and fill up their larder, too!

So every one had a Merry Christmas and Mrs. Squirrel did not have to put both hands in her apron pockets for months and months!

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SPENT HALF HER TIME IN BED

Farmer's Wife Tells How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman

Carters Creek, Tenn.—"Three years ago I was almost an invalid. I spent half of my time in bed, being afflicted with a trouble which women of a certain age are apt to have. I took Lydia E. Pinkham's Vegetable Compound Tablets and used Lydia E. Pinkham's Sanative Wash. I am a well woman now and have been for two years. I can work as well as



any one who is younger and as I am a farmer's wife I have plenty to do for I cultivate my own garden, raise many chickens and do my own housework. You may publish this letter as I am ready to do anything to help other women as I have been so well and happy since my troubles are past."—Mrs. E. F. GALLOWAY, Carters Creek, Tenn.

Most women find plenty to do. If they are upset with some female ailment and troubled with such symptoms as Mrs. Galloway had, the smallest duty seems a mountain.

If you find it hard to keep up, if you are nervous and irritable, without ambition and out of sorts generally, give the Vegetable Compound a fair trial. We believe it will help you greatly, for it has helped others.

color your hair easily, quickly and safely by using Q-B-A's Hair Color Regain. Safe to use as water. Makes you look young again. At all good druggists, 75c. or direct from HESSIG-ELLIS, Chemists, Memphis, Tenn.

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